

## LESSON PLAN

### Unit 21. HEALTHY LIFESTYLES

**X-XXX-XXX2 Rev B**

#### Topic 21.1 Healthy Lifestyles (Stress)

CLASS PERIODS: 1

LAB PERIODS: 0

#### Enabling Objectives:

- 5.1 **IDENTIFY** the relationship between Stress and Eating Habits in accordance with Health Promotion Starter Kit
- 5.2 **IDENTIFY** the effects of Stress in accordance with Hospital Corpsman 3 & 2, NAVEDTRA 10669-C
- 5.3 **IDENTIFY** the causes of Stress in accordance with Health Promotion Starter Kit

#### Trainee Preparation Materials:

##### A. Trainee Support Materials:

- 1. None

##### B. Reference Publications:

- 1. None

#### Instructor Preparation:

##### A. Review Assigned Trainee Material

##### B. Reference Publications:

- 1. Health Promotion Starter Kit, None

##### C. Training Materials Required:

- 1. Transparencies
  - a. Deal with Stress, 21-1-6
  - b. Depression, 21-1-5
  - c. Events, 21-1-2
  - d. Healthy Lifestyles, 21-1-1
  - e. Physical Conditions, 21-1-3
  - f. Psychological Effects, 21-1-4
  - g. Summary, 21-1-7

## LESSON PLAN

### Unit 21. HEALTHY LIFESTYLES

X-XXX-XXX2 Rev B

#### Topic 21.1 Healthy Lifestyles (Stress)

##### DISCUSSION POINT

###### 1. Introduction

##### RELATED INSTRUCTOR ACTIVITY

###### 1. Establish Contact.

Write name on VAP board.

Introduce Yourself.

State Lesson Objectives.

Developing a healthy lifestyle is an integral part of a productive Navy career. Mental and physical well-being prepare us for successful accomplishment of the tasks at hand and ultimately affect the missions of the command and the Navy. Can you imagine yourself so stressed that you develop physical and/or mental conditions that cause you to be ill?

###### 2. Healthy Lifestyles

###### 2. Show Transparency 21-1-1, Healthy Lifestyles.

###### a. Stress

## LESSON PLAN

### Unit 21. HEALTHY LIFESTYLES

X-XXX-XXX2 Rev B

#### Topic 21.1 Healthy Lifestyles (Stress)

##### DISCUSSION POINT

- (1) Stress is an unavoidable experience in everyone's life. It can be a result of positive or negative forces, depending on how an individual perceives the force. Examples of stress causing events could be:
  - (a) Being away from family
  - (b) Deployment
  - (c) Increase in workload
  - (d) Financial problems
- (2) If the individual perceives the stress as a positive challenge and meets it head on, it can be beneficial. If, on the other hand, the stress is seen as negative and overwhelming, it can lead to physical and mental related illness.

##### RELATED INSTRUCTOR ACTIVITY

- (1) Show Transparency 21-1-2, Events.

## LESSON PLAN

### Unit 21. HEALTHY LIFESTYLES

X-XXX-XXX2 Rev B

#### Topic 21.1 Healthy Lifestyles (Stress)

##### DISCUSSION POINT

##### RELATED INSTRUCTOR ACTIVITY

- (3) strain on the body.
    - (a) This strain on the body may be experienced by pain, worry and/or anxiety
  - (4) A stressful situation can lead to physical conditions such as:
    - (a) Rapid and pounding heartbeat
    - (b) Diarrhea
    - (c) Dizziness
    - (d) Skin rashes
    - (e) Chest and back pains
- (4) Show Transparency 21-1-3, Physical Conditions.

## LESSON PLAN

### Unit 21. HEALTHY LIFESTYLES

X-XXX-XXX2 Rev B

#### Topic 21.1 Healthy Lifestyles (Stress)

##### DISCUSSION POINT

##### RELATED INSTRUCTOR ACTIVITY

- (f) Difficulty in breathing
  
- (5) Continued stress can lead to physical illnesses such as:
  - (a) Migraine headaches
  - (b) Asthma
  - (c) Ulcers
  - (d) High blood pressure
  
- (6) Psychological effects of a stressful situation could be evident in:
  - (a) Emotional outbursts

- (6) Show Transparency 21-1-4, Psychological Effects.

## LESSON PLAN

### Unit 21. HEALTHY LIFESTYLES

X-XXX-XXX2 Rev B

#### Topic 21.1 Healthy Lifestyles (Stress)

##### DISCUSSION POINT

##### RELATED INSTRUCTOR ACTIVITY

- |   |   |
|---|---|
| (b) Excessive drinking  |   |
| (c) Drug taking   |   |
| (d) Irritability  |   |
| (e) Numerous physical complaints  |   |
| (f) Excessive absenteeism from work and school  |   |
| (g) Extreme mood swings   |   |
| (h) Low frustration tolerance   |   |
| (7) Mental illnesses related to stress are extreme anxiety and depression. Depression can have many symptoms such as: | (7) Show Transparency 21-1-5, Depression. |

## LESSON PLAN

### Unit 21. HEALTHY LIFESTYLES

X-XXX-XXX2 Rev B

#### Topic 21.1 Healthy Lifestyles (Stress)

##### DISCUSSION POINT

##### RELATED INSTRUCTOR ACTIVITY

- (a) Weight gain or loss
- (b) Too much sleep or trouble going to sleep
- (c) Fatigue
- (d) Low self-esteem
- (e) Feelings of helplessness and hopelessness

#### 3. High Blood Pressure (Hypertension)

- a. Affects 1 in 5 Americans, strikes more men than women; does not affect just old people, it is even found in young people and adolescents, even children.

## LESSON PLAN

### Unit 21. HEALTHY LIFESTYLES

X-XXX-XXX2 Rev B

#### Topic 21.1 Healthy Lifestyles (Stress)

##### DISCUSSION POINT

##### RELATED INSTRUCTOR ACTIVITY

- b. Unless it is extremely severe, it usually has no symptoms.  
It is a contributing factor to more than 1 million deaths annually from heart attack or stroke.
  
- c. Those contributors that can be modified are:
  - (1) Stress
  
  - (2) Smoking, excessive drinking of alcohol
  
  - (3) Lack of exercise
  
  - (4) Being overweight
  
  - (5) Diet (salt and cholesterol intake)
  
- d. Factors that cannot be changed which contribute to high blood pressure are:



## LESSON PLAN

### Unit 21. HEALTHY LIFESTYLES

X-XXX-XXX2 Rev B

#### Topic 21.1 Healthy Lifestyles (Stress)

##### DISCUSSION POINT

##### RELATED INSTRUCTOR ACTIVITY

(1) Heredity

(2) Age

(3) Sex

(4) Race

4. Stress Management - can help an individual to cope with stress.
  - a. First, it is necessary to identify the source of stress in your life
  - b. Second, negative sources of stress can be changed to positive forces by altering your attitude toward the source of the stress

## LESSON PLAN

### Unit 21. HEALTHY LIFESTYLES

X-XXX-XXX2 Rev B

#### Topic 21.1 Healthy Lifestyles (Stress)

##### DISCUSSION POINT

- c. Take direct action against negative forces which you have control over
- d. Prepare for stress you have no control over, such as an important exam
- e. The three most commonly used strategies for coping with stress are:
  - (1) Adopting a problem-solving approach
  - (2) Seeking social support
  - (3) Engage in health-related behaviors such as exercise

##### 5. Summary

- a. Stress

##### RELATED INSTRUCTOR ACTIVITY

- e. Reference Health Promotion Starter Kit, None.
  - (1) Show Transparency 21-1-6, Deal with Stress.

##### 5. Show Transparency 21-1-7, Summary.

## LESSON PLAN

### Unit 21. HEALTHY LIFESTYLES

X-XXX-XXX2 Rev B

#### Topic 21.1 Healthy Lifestyles (Stress)

##### DISCUSSION POINT

##### RELATED INSTRUCTOR ACTIVITY

- b. Physical Conditions
- c. Psychological Effects
- d. High Blood Pressure
- e. Stress Management

#### 6. Assignment

- a. None

#### 7. Evaluation

- a. None